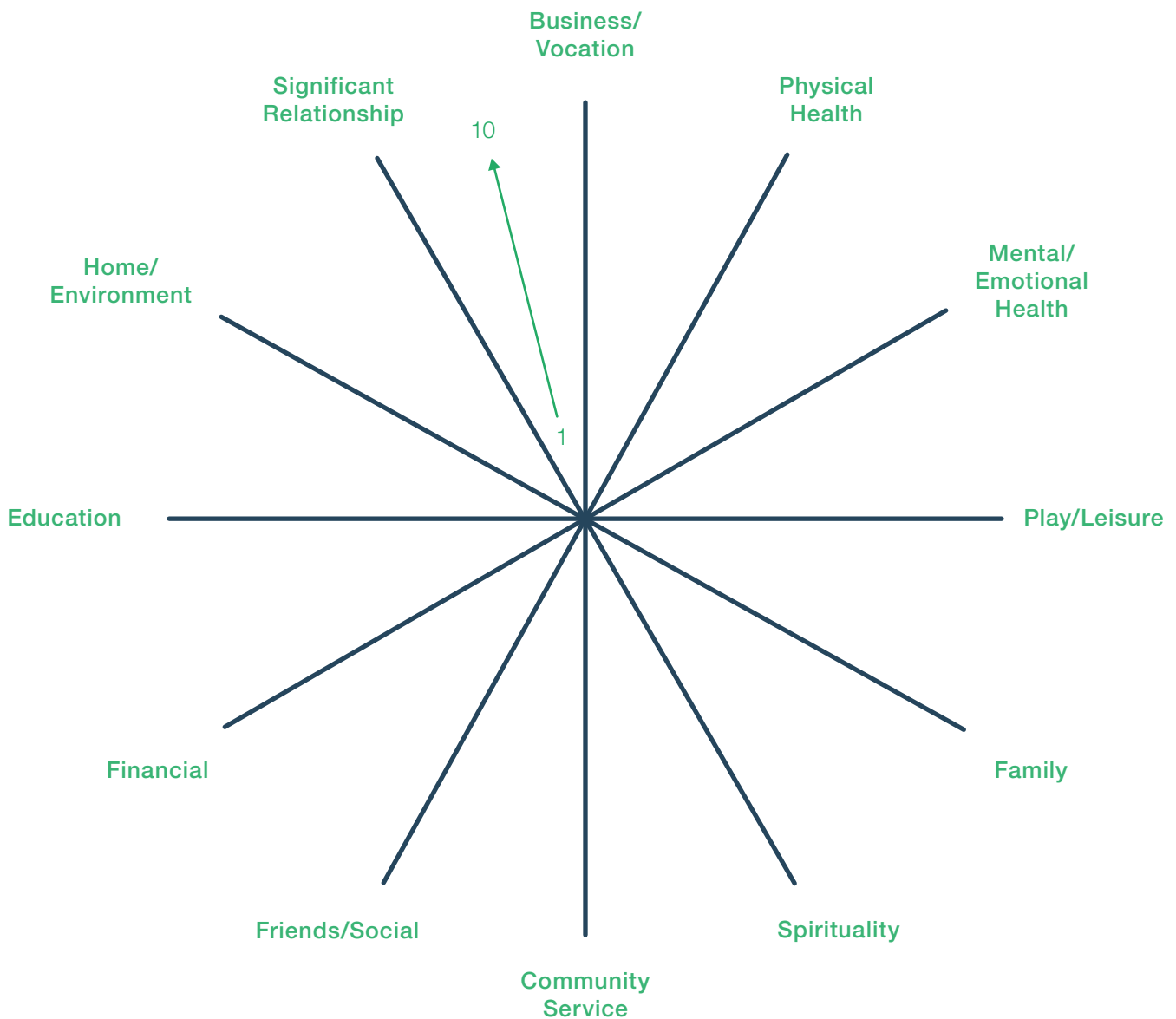


# Personal Balance Wheel

Plot your current satisfaction level on the line for each “spoke” of the balance wheel. “Incredibly unsatisfied” would be a 1 – at the center of the diagram – and “incredibly satisfied” would be a 10 – at the end of each spoke. If an area isn’t important to you, feel free to replace it with a different value that is more meaningful. After plotting your level in each area, connect the dots to visualize whether you have a balanced wheel.



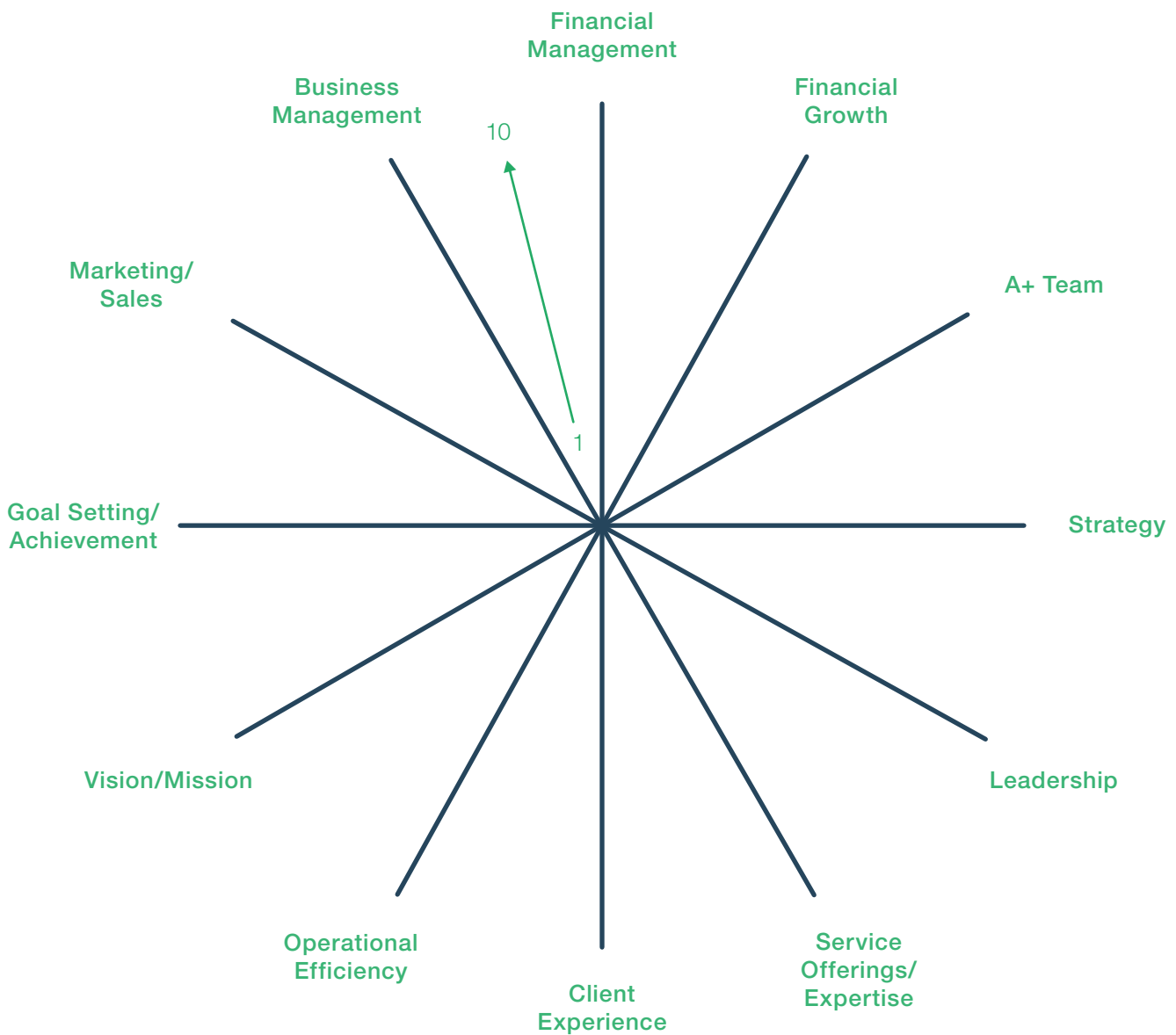
# Personal Balance Wheel

## Questions for Reflection

- 1 What perspective does this exercise give me about the balance in my life?
- 2 Are there “low scores” in areas that surprise me? Why?
- 3 What prevents me from making improvements in areas most important to me?
- 4 What is the one area I want to improve the most?
- 5 In what areas do I want to set goals?
- 6 What next steps do I want to take based on insights from my personal balance wheel?

# Business Balance Wheel

Plot how you would currently rate your business for each “spoke” of the balance wheel. “Needs a lot of work” would be a 1 – at the center of the diagram – and “executing well” would be a 10 – at the end of each spoke. After plotting your level in each area, connect the dots to visualize whether you have a balanced wheel.



# Business Balance Wheel

## Questions for Reflection

- 1 What perspective does this exercise give me about the health of my business?
- 2 Are there “low scores” in areas that surprise me? Why?
- 3 What prevents me from making improvements in areas most important to the success of my business?
- 4 What is the one area that needs the most focus in the coming year?
- 5 In what areas do I need to set goals or define strategic priorities?
- 6 What next steps do I want to take based on insights from my business balance wheel?